# Live well. Age well.

1830 S Broadway Leavenworth, KS 66048 Phone: 913.684.0777 Fax: 913.684.0779

Transportation: 913.684.0778

# THE SOURCE

### **COUNCIL on AGING**

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The Council on Aging is gearing up for the holiday season, and we need your help!



### **Operation Seniors' Christmas Project**

Each year, the COA coordinates an adopt-a-senior project to help make the holiday season a little more special. Seniors with very limited incomes or seniors without family will get a visit from Santa and one of his helpers to deliver your generous gift and take a picture with Santa. For more information or to adopt a senior, contact Scarlet Ross at 913.684.0786 or email sross@leavenworthcounty.gov



### **Christmas Stocking Stuffers Needed**

We will be collecting items to fill over 400 Christmas stockings for our seniors this season. Items can be dropped off at the COA. We will be collecting through November 30, 2021.

Click the **Donate Now** seal for a complete list of needed items.

## **Our Programs**

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Pets & Loving Seniors Program

Pet-2-Vet Program

**Senior Health Insurance Counseling** 

(PALS)

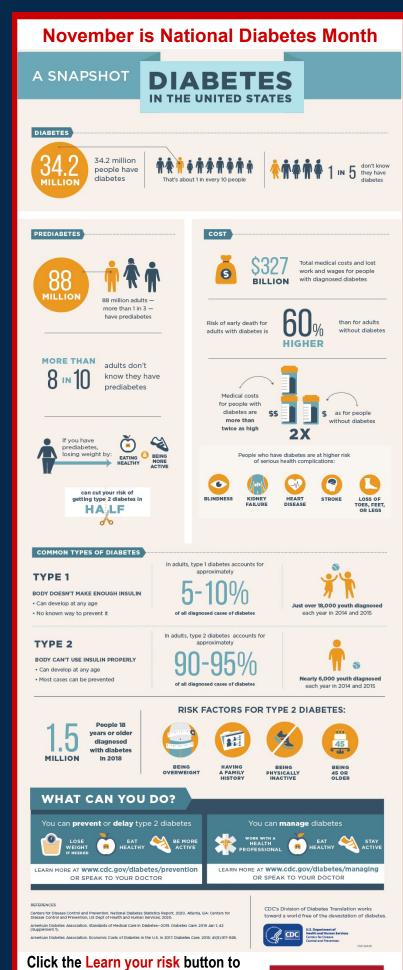
**Social Services** 

**Support Groups** 

**Telephone & Visiting Support** 

Sr. Express Transportation





take the ADA's 60-second Type 2

risk test for yourself or a loved one.

Learn your risk

Better Choices for Life

### Many products compete for your dollar.

Only some contribute to your health, and the organization fighting for those with diabetes.

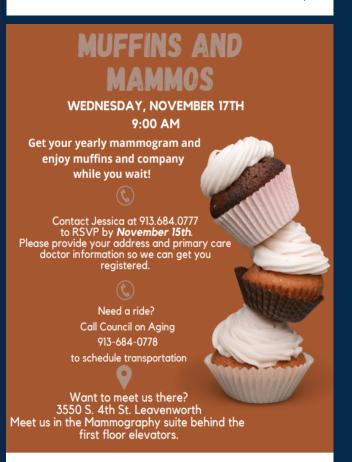
Inform your choices with the American Diabetes Association's (ADA) expert review.

The **Better Choices for Life** program brings the ADA's evidence-based guidelines and perspective directly to you in the store, so you have what you need to make informed choices about the products you purchase.

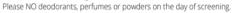
When you see products with the ADA's mark on its packaging, you can easily identify those that meet our guidelines. Any claims made by the product related to diabetes management are evaluated to ensure the claims are supported by scientific evidence—so you can feel good about your purchase.



Source: American Diabetes Association, n.d.



This is a SCREENING ONLY - must be 1 year since last screening mammogram-no known lumps or tenderness - no Breast Cancer in the last 5 years Bring ID and insurance card





# **Nutrition Corner**

According to the American Diabetes Association (ADA), "What can I eat?" is one of the top questions asked by people with diabetes when they are diagnosed. The ADA explains everyone's body responds differently to different types of foods and diets, so there is no single "magic" diet for diabetes. But you can follow a few simple guidelines to find out what works for you to help manage your blood sugar.

Click <u>HERE</u> for the key takeaways from ADA's Nutrition Consensus Report.

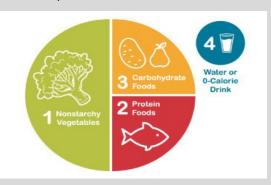
# When you're managing diabetes and prediabetes, your eating plan is a powerful tool.

Figuring out what to eat doesn't have to be a hassle. There are easy things you can do to add flavor to your daily routine—including healthy twists on your favorite foods.

Most importantly, remember that eating well—and adding activity to your daily routine by moving more—are important ways you can manage diabetes.

#### **Introducing the Diabetes Plate Method**

The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate!



#### 1. Fill half your plate with nonstarchy vegetables.

Nonstarchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with nonstarchy vegetables means you will get plenty of servings of these superfoods.

#### 2. Fill one quarter of your plate with lean protein foods.

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered "protein foods."

Proteins foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice.

Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

# 3. Fill one quarter of your plate with carbohydrate foods.

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar.

Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

#### 4. Choose water or a low-calorie drink

Water is the best choice because it contains no calories or carbohydrates and has no effect on blood sugar.

Other zero- or low-calorie drink options include:

Unsweetened tea (hot or iced)
Unsweetened coffee (hot or iced)
Sparkling water/club soda
Flavored water or sparkling water without added sugar
Diet soda or other diet drinks

Source: American Diabetes Association, n.d.



For our full events and activities calendar, go to our homepage @ Council on Aging (leavenworthcounty.gov)



To be added to our email distribution list, please contact us

<u>seniors1st@leavenworthcounty.gov</u>

# MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week? (late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email

sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

### 2021 MEDICARE OPEN ENROLLMENT October 15th - December 7th

We can help:

- Research and enroll in new Prescription Drug Plans (Part D) or other prescription drug plans
- Switch plans between Original Medicare (Part A) and Medicare Advantage and vice versa
- Research Supplemental Plans such as Medigap under Original Medicare
- Change coverage between Medicare Advantage Plans

Call or email today to make a telephone or in-person appointment to visit with one of our Senior Health Insurance Counselors of Kansas (SHICK).

Council on Aging: 913.684.0777

Email: seniors1st@leavenworthcounty.gov



# **Thanksgiving Feast**

Enjoy a Thanksgiving feast **without the cooking!** This year we will be providing the full lunch, so you can enjoy a pre-holiday celebration with friends!

Date: Friday, November 19th, 2021

Time: 1:00 p.m.

Place: Council on Aging

1830 S. Broadway, Leavenworth, KS

\$5 per person.

Please reserve your seat by **November 12th**. Call Emily at 913.684.0777 for more information.



#### INCINEDIEI 10.

Caramel Apple Salad

- 4 Granny Smith apples, or any tart apples
- 1 package butterscotch pudding mix (dry)
- 1 tub frozen whipped topping, thawed
- ½ cup honey roasted peanuts

#### **INSTRUCTIONS:**

Wash and cube apples, place apple cubes into medium bowl. Sprinkle dry pudding mix onto apples, stir to mix well. Fold in whipped topping. For best results, refrigerate for at least 1 hour. Stir in peanuts when ready to serve.

**Notes:** Make this recipe diabetic friendly by substituting sugar free pudding mix, sugar free frozen whipped topping and dry roasted peanuts. All of the flavor and none of the sugar!





Q: Why was the Thanksgiving soup so expensive?

A: It had 24 carrots.

Q. What did the turkey say to the computer?

A. Google, Google



#### MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.

#### SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status, fees and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.

Aging	Resou	ırces
Adult Prote	ctive Service	es1.800.922.5330
Emergency	Respite:	
Cour	ntry Care	913.773.5517
Medi	cal Lodge	913.772.1844
Guidance (	Center	913.682.5118
Kansas Ag	ing and Disa	bility Resource
Center		855.200.2372
Leavenwor	th County He	ealth Department
		913.250.2000
Medicare		1.800.633.4227
Poison Cor	ntrol Center.	1.800.222.1222
Property Fr	aud Alert Ho	otline.1.800.728.3858
Social Sec	urity Office	1.800.772.1213
Wyandotte	Area Agenc	y on Aging
		913.573.8531

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

Leavenworth County Council on Aging

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